

What is claimed is:

1. A medicament dosage unit comprising a beta-adrenergic blocker and a cholesterol lowering agent that is a statin, said blocker and said agent being combined as a single oral formulation.
2. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is atenolol.
3. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is propranolol.
4. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is timolol.
5. The dosage unit of Claim 1 wherein said beta-adrenergic blocker is metoprolol.
6. The dosage unit of Claim 1 wherein said cholesterol lowering agent is selected from the group consisting of atorvastatin, cerivastatin, pravastatin, fluvastatin, lovastatin, and simvastatin.
7. The dosage unit of Claim 1 further comprising one or more of folic acid, vitamin B6, vitamin B12.
8. The dosage unit of Claim 1 wherein said dosage unit is formulated as a once-a-day dosage unit.
9. A single dosage unit consisting essentially of a beta-adrenergic blocker and a cholesterol lowering agent that is a statin.
10. A single, medicament dosage unit consisting essentially of a beta-adrenergic blocker, a cholesterol lowering agent that is a statin, folic acid, vitamin B6, and vitamin B12.

**11.** A self-treatment method of treating cardiovascular disease with the dosage unit of Claim 1, said method comprising:

providing to a patient having said cardiovascular disease said single  
5 formulation medicament dosage unit; and  
self-administering said single dosage unit

**12.** The method of Claim 11 further comprising providing instructions for administering said single dosage unit.

**13.** The method of Claim 11 wherein said single formulation medicament dosage unit further includes one or more of folic acid, vitamin B6 and vitamin B12.

**14.** The method of Claim 11 wherein said single dosage unit as a once-a-day dosage unit.

**15.** A self-treatment method for reducing the risk of coronary heart disease, said method comprising the steps of:  
providing to a patient at said risk of coronary heart disease a physician-  
20 prescribed, single formulation dosage unit comprising a beta-adrenergic  
blocker and a cholesterol lowering agent that is a statin; and  
self-administering said dosage unit.

**16.** The method of Claim 15 wherein said single formulation dosage unit of said providing step further includes one or more of folic acid, vitamin B6 and vitamin B12.